

MENTAL WELLBEING WORKSHEET

Health Triangle

Self-assessment of the three aspects of your health: **physical**, **mental**, and **social**.

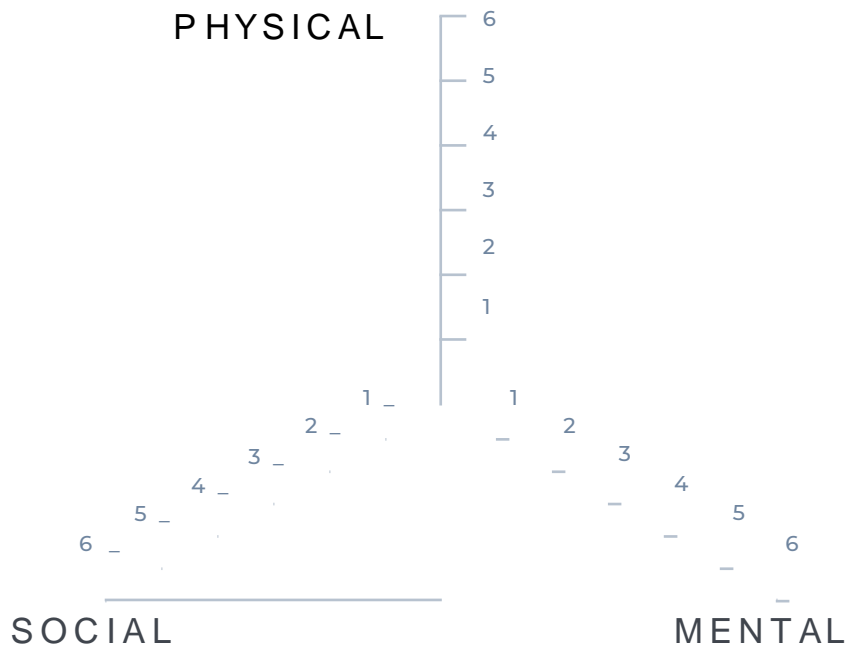
Step 1: Assess your health

Answer **YES** or **NO** to each question and total the number of YES responses.

		YES	NO	TOTAL
PHYSICAL	I get seven to nine hours of sleep each night.	<input type="checkbox"/>	<input type="checkbox"/>	
	I eat a well-balanced diet, which includes breakfast.	<input type="checkbox"/>	<input type="checkbox"/>	
	I keep my body, teeth and hair clean daily.	<input type="checkbox"/>	<input type="checkbox"/>	
	I do at least 30 minutes of physical activity daily.	<input type="checkbox"/>	<input type="checkbox"/>	
	I avoid the use of tobacco, alcohol and other drugs.	<input type="checkbox"/>	<input type="checkbox"/>	
	I see a doctor and dentist for regular checkups.	<input type="checkbox"/>	<input type="checkbox"/>	_____
MENTAL	I generally feel good about myself and accept who I am.	<input type="checkbox"/>	<input type="checkbox"/>	
	I can express my feelings clearly and calmly.	<input type="checkbox"/>	<input type="checkbox"/>	
	I accept constructive criticism.	<input type="checkbox"/>	<input type="checkbox"/>	
	I have at least one activity that I enjoy doing by myself.	<input type="checkbox"/>	<input type="checkbox"/>	
	I have awareness of my thoughts and emotions.	<input type="checkbox"/>	<input type="checkbox"/>	
	I like to learn and develop new skills.	<input type="checkbox"/>	<input type="checkbox"/>	_____
SOCIAL	I have at least one close friend who I keep in contact with.	<input type="checkbox"/>	<input type="checkbox"/>	
	I show respect and care for my family and friends.	<input type="checkbox"/>	<input type="checkbox"/>	
	I can disagree with others without getting angry.	<input type="checkbox"/>	<input type="checkbox"/>	
	I am a good listener and able to communicate clearly.	<input type="checkbox"/>	<input type="checkbox"/>	
	I get support from others when I need it.	<input type="checkbox"/>	<input type="checkbox"/>	
	I say no if I feel uncomfortable with something.	<input type="checkbox"/>	<input type="checkbox"/>	_____

Step 2: Illustrate Your Health Triangle

Draw a line from the center with a length equal to the total from Step 1 for each aspect. Connect the three endpoints to make your health triangle.



Step 3: Analyze Results

Reflect on your triangle and describe what your overall health looks like.

Think about and comment on the following:

1. Does your health triangle have equal sides?
2. Is there an area you are strong in?
3. Is there an area you need to improve on?

Step 4: Strengths & Weaknesses

List strengths and weaknesses for each aspect. Identify how you can maintain your strengths and reflect on actions that can help to improve your weaknesses.

	HEALTH TRIANGLE	DESCRIPTION OF STRENGTHS/ WEAKNESSES	ACTION TO MAINTAIN OR IMPROVE
STRENGTHS	Physical		
	Mental		
	Social		
WEAKNESSES	Physical		
	Mental		
	Social		